

NEW ORLEANS PRALINES

INGREDIENTS

- 1½ cups brown sugar
- ¾ cup granulated sugar
- 6 Tbsp butter
- ½ cup evaporated milk
- 2 cups pecans
- ½ tsp salt
- 1 teaspoon vanilla extract
- 1 Tbsp of Bourbon (optional)

INSTRUCTIONS

1. Line 2 baking sheets with a silicone baking mat or parchment paper sprayed lightly with cooking spray
2. In large saucepan combine sugars, butter, milk, pecans and salt. Cook over medium heat, stirring frequently, until the mixture reaches 238 degrees or "soft ball" stage. Remove from heat and stir in vanilla and bourbon (if using).
3. Stir the mixture rapidly -- and keep stirring until the mixture thickens slightly and becomes cloudy and grainy. The pecans should be floating in the mixture and should no longer sink to the bottom.
4. Spoon out the mixture onto the prepared pans, working quickly before the candy sets. Allow pralines to cool completely before removing from baking sheets.

NOTES

The stirring stage is very important and the key to making a good praline! The pot must be stirred constantly. **Keep stirring mixture until it becomes grainy and thick - if it is still liquidy, it's not ready.**

Keep in mind candy making can be finicky - even things like humidity can affect the pralines.

Before you begin make sure you have your pans prepared and all of your ingredients ready to go. It's also a good idea to make sure your candy thermometer is properly calibrated so you cook everything to the correct temperature.



Super Easy Mardi Gras King Cake

Prep: 15 m

Cook: 50 m

Ready In: 1 h 5 m

A small plastic baby inserted is traditionally inserted into the side of the cake, and said to bring good luck in the coming year to whoever discovers it in their slice of cake. Try using an almond or dry bean instead.

- 3 (14 ounce) cans refrigerated sweet roll dough
 - 2 (12 fluid ounce) cans creamy vanilla ready-to-spread frosting
 - 1/4 cup milk
 - 2 drops green food coloring
 - 2 drops yellow food coloring
 - 1 drop red food coloring
 - 1 drop blue food coloring
 - 1/2 cup multi-colored sprinkles
1. Preheat oven to 350 degrees F (175 degrees C). Grease a baking sheet.
 2. Open the cans of sweet roll dough and unroll the dough from each can into 3 strands. Working on a clean surface, place 3 dough strands side by side and gather them together to make one large strand. Fold this in half, and roll slightly to make a fat log. Repeat steps with the remaining dough. Place each log on the prepared baking sheet and shape to make a ring, overlapping the ends and pinching them together to make a complete circle. Pat the dough into shape as necessary to make the ring even in size all the way around. Cover loosely with foil.
 3. Bake in preheated oven until firm to the touch and golden brown, 50 to 60 minutes. Check often for doneness so the ring doesn't overbake. Place on a wire rack and cool completely.
 4. Place the cake ring on a serving plate. Cut a slit along the inside of the ring and insert a small plastic baby, pushing it far enough into the cake to be hidden from view.
 5. Divide the frosting evenly between 4 bowls. Stir 1 tablespoon of milk into each bowl to thin the frosting.. Stir the red and blue food colorings together to make purple frosting. Drizzle the cake with yellow, green, and purple frostings in any desired pattern. Dust the cake with multi-colored sprinkles and decorate with beads, additional plastic babies, curly ribbon, and other festive trinkets

Sweet Potato Pie

A close cousin of pumpkin pie, this traditional sweet potato pie gets its creaminess from whipped sweet potatoes, evaporated milk, and sweetened condensed milk. Using refrigerated deep-dish pie crusts keeps it easy.

- **Yield:** Makes 2 (9-inch) pies
- 2 pounds sweet potatoes, peeled and sliced
- 1/2 cup butter or margarine
- 3 large eggs
- 1 cup sugar
- 1/2 cup sweetened condensed milk
- 1/2 cup evaporated milk
- 1 teaspoon ground nutmeg
- 1 teaspoon vanilla extract
- 1 teaspoon lemon extract
- 1 (12-ounce) package frozen deep-dish piecrusts, thawed
- Garnishes: whipped cream, grated nutmeg

Preparation

Cook sweet potato in boiling water to cover 30 minutes or until tender; drain.

Beat sweet potato and butter at medium speed with an electric mixer until smooth. Add eggs and next 6 ingredients, beating well. Pour mixture evenly into each piecrust.

Bake at 350° on lower oven rack for 45 to 50 minutes or until set. Garnish, if desired.

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Remoulade sauce

1/2 cup mayonnaise
1 1/2 teaspoons Creole mustard
1 teaspoon Creole or Cajun seasoning
pinch crumbled dried thyme leaves
a shake or two of coarsely ground black pepper
1/2 teaspoon lemon juice

Creole mayonnaise

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1 teaspoon Creole or Cajun seasoning
pinch crumbled dried thyme leaves
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1/2 teaspoon lemon juice

Use either of these with fresh veggies, or a variation on a Po Boy sandwich:

PO BOYS

In truth, a po' boy (or poboy, po-boy, poor boy -- no one can really decide how they want to spell it, but we all know it means something delicious) is a sandwich style more than anything. Crusty French bread, crispy shredded lettuce, sliced tomatoes, remoulade or Creole mayonnaise (usually) are paired with meat, seafood, sausage or whatever you want the main event of your sandwich to be.

Although those outside New Orleans usually associate fried shrimp or oysters with the po' boy first, the real deal is most definitely the roast beef po' boy with debris gravy (don't worry, debris refers to the bits of meat that stick around in the pan gravy after the beef is done braising).

Tip: buy some frozen popcorn shrimp for a quick sandwich

Other food options:

Pecan pie
Banana Pudding